

BEST PRACTICE CATALOG

Project Title: **THE COMMUNITY LIVING SKILLS PROJECT**

Function Category: ☒ PATIENT-FOCUSED ☐ ORGANIZATION ☐ STRUCTURES

Subcategory: **Continuum of Care**

Heading: **N/A**

Key Word(s): **Discharge Readiness**

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Hospital: **Atascadero State Hospital**

Purpose: The primary objective of the Community Living Skills Project is to teach and practice daily living skills and employment skills within a normalized setting to optimize the transfer of these skills to the Conditional Release setting within the community.

Brief Description: The Community Living Skills Project is a transitional training program designed to offer functional living skills to individuals with mental disabilities and cognitive deficits in a setting that is as normalizing as possible within a maximum security setting. Patients enter the program, acquire general life skills and move on to their dispositional placements. The program components are: housekeeping skills, money management, parole planning skills, dining skills, nutrition and cooking skills, supported work, anger management, shopping skills, public transportation skills, stress reduction skills and leisure skills. Patients have not had to make daily decisions like what to eat, when to wash clothes, how and when to catch the bus and how to interact with others appropriately. The patient faces the challenge of functioning cooperatively and appropriately in a board and care setting where they are required to share a bedroom and a bathroom, shop, prepare and eat meals together.

Selection Basis/Criteria: Patients are accepted in the Community Living Skills Project when they meet the following entry criteria: the patient is within nine months of discharge, the patient is exiting the hospital via conditional release, the patient has life skills and/or interpersonal skills deficits, the patient is psychiatrically stable on medication, and the patient has had no behavioral incidents in the last two months.

The following items are available regarding this Best Practice:

☐ Photographs ☐ Video Tape ☐ Drawings ☒ Manual

☐ Other : _____

DATE SUBMITTED: **September 17, 1998**